



# Health tips for men

Many health conditions men face can be prevented or managed through awareness, early detection, and treatment. Check out the following men's health tips – for you or the men in your lives:

**HAVE REGULAR CHECK-UPS.** Even if you feel healthy, you should have a physical every one to two years as directed by your doctor. Your doctor will ask you questions and perform cholesterol, glucose, and blood pressure evaluations.

**DON'T "TOUGH IT OUT."** Significant health issues often start as minor problems. Call your doctor if you have trouble sleeping, unexplained weight loss or gain, sores that won't heal, changes in moles and birthmarks, or any other health concerns.

**KNOW YOUR FAMILY HISTORY.** If members of your family have chronic conditions, you may have an increased risk of developing those conditions. Share this information with your doctor and develop an action plan to minimize your risks.

**ASK ABOUT CANCER SCREENINGS.** Your doctor may recommend screenings for colon, prostate, or lung cancer based on your age, family history, and lifestyle.

**MAKE TIME FOR RECREATION.** Stress can lead to a number of physical and mental health conditions. Make sure you're taking time to relax and engage in activities that you enjoy!

**QUIT SMOKING (OR DON'T START).** Talk to your doctor to develop a quit plan.

**EAT WELL, EXERCISE, AND SLEEP SOUNDLY.** This is the foundation of good health for people of all ages. Fruits, vegetables, and lean meats are the staples of a healthy diet. Aim to get at least 30 minutes of physical activity per day and a minimum of seven hours of sleep per night.

CDPHP® members with a recent diagnosis can call [1-888-320-9584](tel:1-888-320-9584) and we'll connect you to programs and services that meet your needs.

